

The Strength Agenda

6-Week Stronger Self Program

Train Smart. Live Strong



About The Strength Agenda Community

The Strength Agenda Community was created for women over 40 who want a smarter, more supportive way to feel strong, energized, and confident in their bodies again. Women who are tired of generic advice, quick fixes, and programs that don't reflect their hormones, lifestyle, or their needs.

Founded by Senka Coulton. The Strength Coach and Women's Menopause Health Coach with extensive experience helping women over 40 build strength, energy, and confidence using science-backed methods. The Strength Agenda exists because every stage of life needs a different approach.

As a mum of two teenagers navigating perimenopause myself, I understand the changes in energy, mood, and body composition that can happen almost overnight. I also know how frustrating it feels to do "everything right" and still not see change. That lived experience shapes how we coach and support every woman who walks through our doors.

At The Strength Agenda, we combine:

- Evidence-based strength training
- Mindset and accountability
- Hormone-aware nutrition
- A supportive community of women who get it
- Mobility and recovery

Our mission is simple: to help you feel strong, confident, and in control of your body again through a science-backed method built for how your body works at this stage of life.

This isn't about doing more. It's about doing what works for your body, your lifestyle, and your needs so you can feel like yourself again, only stronger.

[Learn More](#)



Welcome to a Stronger You

Your Essential Guide to Rebuilding Strength, Energy & Confidence After 40

You've spent years doing all the "right things", eating well, moving often, and trying every new program that promised to "fix" your body. Yet something still doesn't feel the same.

Your energy dips. Progress feels slower. And no matter how hard you push, your results don't reflect your effort.

You may not feel like yourself, that's because your body is changing. And it's time for your approach to evolve too.

At The Strength Agenda, we believe women over 40 aren't slowing down, they're stepping into their strongest, smartest years yet.

Real strength comes from having the right strategy, not from pushing harder

You need a proven roadmap that works with your body, not against it. A system that rebuilds strength, resets energy, and restores confidence from the inside out.

That's the ***The Strength Agenda Method!***



Let's Stay Connected

At The Strength Agenda, we're here to help you build lasting strength, inside and out. Whether you're curious about our programs, have a question about your fitness journey, or just want to say hello, we'd love to hear from you.

Contact Us:

hello@thestrengthagenda.com.au
0440 136 843
www.thestrengthagenda.com.au

Connect on Socials

Facebook: @thestrengthagendaAU
Instagram: @thestrengthagendagym



The Strength Agenda Way

Coach Senka's: 5 Tips to Win Your Day

Establishing simple yet effective daily habits can make a significant difference in how you feel, perform, and recover. These five evidence-based strategies are designed to help you build lasting energy, mental clarity, and physical strength without relying on extremes or unsustainable routines.

1. Keep a consistent sleep-wake rhythm and get natural light early.

- Your body thrives on predictable signals. Waking and going to bed at similar times each day helps regulate your internal clock so your hormones, mood, and energy stay more balanced. It also aims to get outside within the first 30 minutes of your morning. Natural light anchors your circadian rhythm, improves sleep quality, boosts daytime alertness, and supports overall vitality especially during peri and menopause when sleep can feel unpredictable.

2. Begin your day with hydration and minerals.

- Proper hydration is essential for physical and mental performance. Start each morning with a large glass of water, adding a pinch of Celtic sea salt to enhance mineral absorption and a squeeze of lemon to support digestion and detoxification. Even mild dehydration can contribute to fatigue, poor concentration, and muscle tightness, so early hydration is key.

3. Delay social media and begin the day with intention.

- Avoid engaging with social media immediately upon waking. Instead, take five minutes to review the day's top priorities or outline a simple plan. This short practice helps establish focus, reduces distractions, and promotes a sense of control before external demands begin to compete for attention.

4. Prioritize a protein-rich breakfast.

- The first meal of the day sets the tone for your energy and appetite regulation. Aim for 30 to 40 grams of protein paired with healthy fats, such as avocado or omega-3 sources, and smart carbohydrates like oats or berries. A protein-first breakfast helps stabilise blood sugar, reduce afternoon fatigue, and limit cravings later in the day.

5. Incorporate movement throughout your day.

- Regular movement is essential for maintaining strength, mobility, and metabolic health. Follow a structured training plan where possible, but also look for opportunities to move more frequently. Simple habits such as setting reminders to stand each hour, walking during phone calls, or taking short stretch breaks can help offset sedentary time and enhance circulation and energy.

The Strength Agenda Way

Who This Program Is For?



At The Strength Agenda, we believe women over 40 aren't slowing down, they're just ready for a smarter way forward.

It's for women who:

- Want to feel stronger, leaner, and more energised and actually see it in the mirror.
- Are done with "eat less, move more" advice that no longer works for their body.
- Crave structure, accountability, and intelligent coaching that cuts through the social media confusion.
- Want a program that fits real life family, work, and everything in between not the other way around.
- Are ready to invest in themselves and finally feel in control of their body again.

Whether you're getting back into training, rebuilding your confidence, or ready to reconnect with your strongest self, this program gives you the structure, support, and clarity to feel stronger, leaner, and more energised than you've felt in years.

Our 6-Week Stronger Self Program gives you a roadmap that honours your body, aligns with your goals, and supports this chapter of your life. It's your path to rising into a stronger, clearer, more confident version of yourself.

Train Smart. Live Strong. Powered By The Strength Agenda Method.

Join Us Now!

Let's Stay Connected

At The Strength Agenda, we're here to help you build lasting strength, inside and out. Whether you're curious about our programs, have a question about your fitness journey, or just want to say hello, we'd love to hear from you.

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